

FALL 2024

| | |
|---|---|
| Meeting days: Tuesday/Thursday Instructor: Breanna (Bree) Schiff, LMFT, Adjunct Professor | |
| Meeting times: 10:00 am - 10:50 am Phone: N/A | |
| Small group meeting time: 12:30 - 1:20pm (Thursday) | |
| Meeting location: Taylor Hall, Room 105 E-mail: bschiff@pointloma.edu | |
| Final Exam: Thursday, December 19th 10:30 am - 1:00 pm | Office location and hours: Culbertson Hall or Zoom, please email to make an appointment |

PLNU MISSION

Teach ~ Shape ~ Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

FOUNDATIONAL EXPLORATIONS MISSION

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

COURSE DESCRIPTION

A first-year introduction to issues and various theories in psychology which allow students to reflect on their personal, social, mental, and spiritual development. The course emphasizes various attitudes and skills which contribute to academic success as well as providing a better understanding of the specific religious and social culture of Point Loma Nazarene University. Discussions, lectures, and small group experiences are the major components of this course.

Required of first-year freshmen (those graduating from high school the spring prior to attending

1

PLNU), as well as transfer students with fewer than 24 transferable units. All other transfer students are required to take PSY 103, General Psychology, letter graded.

RELATIONSHIP BETWEEN PSY1001 AND OTHER COLLEGE CURRICULA This course is also one of the components of the General Education Program at Point Loma Nazarene University, under the category of “Developing Cognitive Abilities.” By including this course in a common educational experience for undergraduates, the faculty supports the pursuit of personal awareness and skill development; focusing on the analytical, communicative, and quantitative skills necessary for successful living in modern society.

COURSE LEARNING OUTCOMES

You will be able to...

- Describe self-development to date using psychological tools
- Identify critical thinking and abstract thinking as tools for college success
- Discover social and cultural strengths and blocks to successful college and life experience
- Detect tools to bring resources to social and cultural blocks to successful college and life experience
- Detect alternative ways of thinking
- Develop curiosity about yourself as a stimulus to learning to learn
- Identify psychology as a resource for learning and solving academic, personal, spiritual, and cultural problems
- **General Education Learning Outcome (2a):** Students will develop an understanding of self that fosters personal well-being

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning

Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 16 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on

2

their coursework. For this course, students will spend an estimated 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on State Authorization to view which states allow online (distance education) outside of California.

PLNU RECORDING NOTIFICATION

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel. Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with

3

disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. The EAC makes accommodations available to professors at the student's request.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any special accommodations.

LANGUAGE AND BELONGING

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward

precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources at www.pointloma.edu/bias.

SEXUAL MISCONDUCT AND DISCRIMINATION

4

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix. If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at www.pointloma.edu/bias.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their faith. If students have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

***TRIGGER WARNING**

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive several types of information. In PSY1001, we will cover a variety of topics, some of which you may find triggering. These topics include suicide, abuse, substance use, and some sexual content. Each time this topic appears in a reading or unit, it is marked on the syllabus. The experience of being triggered versus intellectually challenged are different. The main difference is that an individual must have experienced trauma to experience being triggered, whereas an intellectual challenge has nothing to do with trauma. If you are a trauma survivor and encounter a topic in this class that is triggering for you, you may feel

overwhelmed or panicked and find it difficult to concentrate. In response, I encourage you to take the necessary steps for your emotional safety. This may include leaving class while the topic is discussed or talking to a therapist at the Counseling Center. Should you choose to sit out on discussion of a certain topic, know that you are still responsible for the material; but we can discuss if there are other methods for accessing that material, and for assessing your learning on that material. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of psychology, and I will support you throughout your learning in this course.

PLNU ATTENDANCE POLICY

You are allowed 1 absence each from small group and section classes without penalty. For each absence above 2 absences you will lose 5 points from your course grade. The only excused absence occurs when you miss class due to a college-sponsored activity (approved in writing by the Academic Dean). Excused absences for serious illness (hospitalization) and other calamities are up to the discretion of the section professor.

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (3 absences), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent (6 absences), the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an "F" grade. See Academic Policies in the Undergraduate Academic Catalog.

You need to notify the professor 24 hrs before an exam to be eligible for a retake. ***If the professor does not receive a 24 hour notice, the student will lose 10% on the retake exam.***

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online. Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

POLICY ON ELECTRONIC DEVICES

In PSY 1001 students are NOT permitted to use their laptop computers or cell phones during class. First-time violation of the policy will result in a 1% reduction in a student's overall PSY1001 grade, and each subsequent violation will result in a 3% reduction in a student's overall PSY 1001 grade.

Exceptions: University approved academic accommodations, exams taken in class, or specific lectures at professor's discretion.

POLICY ON ARTIFICIAL INTELLIGENCE (AI)

6

Use of Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) is not permitted, and use of these tools will be treated as plagiarism. You will not need these tools for the self reflection papers in this class.

LOMA WRITING CENTER

The Loma Writing Center exists to help all members of the PLNU community cultivate transferable writing skills to engage their academic, professional, personal, and spiritual communities. We work toward this goal by conducting one-on-one consultation sessions, supporting writing education across the PLNU community, and participating in ongoing writing center research. Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar and polishing final drafts, and more. For information about how to make in-person or online appointments, see Loma Writing Center webpage or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

- Appointment Calendar: <https://plnu.mywconline.com/>

- Website:

<https://www.pointloma.edu/centers-institutes/loma-writing-center> ● Email: writingcenter@pointloma.edu

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the Class Schedules site. No requests for early examinations or alternative days will be approved.

INCOMPLETE AND LATE ASSIGNMENTS

All assignments submitted after their due date incur a 5%-point deduction, regardless of how late. All assignments are due by the final exam.

REQUIRED TEXT

Peck, S. (1978). The Road Less Traveled. NY: Simon and Schuster.

****Supplemental readings will be available on Canvas*

7

ASSESSMENTS AND GRADING

Your final grade will be composed of the following assignments:

- Small Groups 45 points
- Paper #1 20 points
- Paper #2 20 points
- Paper #3 20 points
- Exam #1 40 points
- Exam #2 40 points
- Exam #3 40 points

Sample grade scale:

- A = 93 - 100%
- A- = 90 - 92.99%
- B+ = 87 - 89.99%
- B = 83 - 86.99%
- B- = 80 - 82.99%
- C+ = 77 - 79.99%
- C = 73 - 76.99%
- C- = 70 - 72.99%

| | |
|-----------------------------|------------------|
| ● Exam #4 (Final) 45 points | D+ = 67 - 69.99% |
| ● Autobiography 90 points | D = 63 - 66.99% |
| | D- = 60 - 62.99% |
| TOTAL: 360 points | F = 0 - 59.99% |

SMALL GROUP (45 points):

Attendance: Allowed 2 absences (then deducted 5 points per absence of 3 or more)
 Small Group Participation = 24 points (8 letters to Small Group Leader, 3 points each)
 Effort/Attitude as Participant in Group = 11 points (5 points for self-evaluation, 6 points for leader evaluation survey)
 “Transition to College” Activities = 10 points (5 points for use of planner, 5 points for joining a PLNU club/group)
 *** *Grade given by small group leader to section professor in last week of classes*

PAPERS (20 points each, 60 points total):

Personal reflection and application for each section, 4 pages, double spaced
 *** *See Canvas for prompts and rubrics*

EXAMS (40 points each, 160 points total):

30 multiple choice questions = 1 point each
 Application Essay prompt = 10 points
 Final Exam (some cumulative questions and bigger essay) = 45 points
 *** *See Canvas for study guides*

AUTOBIOGRAPHY (90 points):

Telling your story (40 pts)
 Interpreting your story (20 pts)
 Reflecting on the Future (20 pts)
 Grammar/Structures (5pts)
 Creativity (5pts)
 *** *See Canvas for prompt and rubric*

PSY1001 COURSE SCHEDULE AND ASSIGNMENTS

The page numbers under Class Lecture means to have read those pages BEFORE class that day.

| SECTION | WEEK OF | CLASS LECTURE | PAPER DUE |
|--------------|-------------------|-------------------------------|-----------|
| Introduction | Week 1 - 09/03/24 | Syllabus & Class Introduction | |

| | | | |
|------------|--|--|-----------------|
| World View | Week 1 - 09/05/24 | Peck: pp. 185-208* | |
| | Week 2 - 09/10/24 | Peck: pp. 208-225* | |
| | Week 2 - 09/12/24 | Peck: pp. 225-232 | |
| | Week 3 - 09/17/24 | Restoration Therapy Model* | |
| | Week 3 - 09/19/23 | Restoration Therapy Model | Paper #1 |
| | Week 4 - 09/24/24 | Exam #1 | |
| Discipline | Week 4 - 09/26/24 | Peck: pp. 11-32 | |
| | Week 5 - 10/01/24 | Peck: pp. 32-50* | |
| | Week 5 - 10/03/24 | Peck: pp. 51-69 | |
| | Week 6 - 10/08/24 | Peck: pp. 69-77 | |
| | Week 6 - 10/10/24 Week 7 - 10/15/24 Week 7 - 10/17/24 | <u>Cognitive Behavioral Therapy</u> <u>Self-Care Lecture</u> Review | Paper #2 |
| Love | Week 8 - 10/22/24 Week 8 - 10/24/24 Week 9 - 10/29/24 Week 9 - 10/31/24 | Exam #2 <u>NO CLASS - Fall Break</u> <u>Peck: pp. 81-111</u> Peck: pp. 111-139 | |
| | Week 10 - 11/05/24 Week 10 - 11/07/24 Week 11 - 11/12/24 Week 11 - 11/14/24 | <u>Peck: pp. 140-160</u> <u>Peck: pp. 160-182; 312-315</u> <u>Group Discussions</u> Group Discussions | Paper #3 |
| | Week 12 - 11/19/24 Week 12 - 11/21/24 | <u>Attachment Theory*</u> Exam #3 | |
| | Week 13 - 11/26/24 | Peck: pp. 235-253 | |

| | | | |
|-------------|--------------------|---|----------------------|
| | Week 13 - 11/28/24 | NO CLASS - Thanksgiving Break | |
| | Week 14 - 12/03/24 | Peck: pp. 253-271 | |
| Grace | Week 14 - 12/05/24 | Peck: pp. 271-289 | Autobiography |
| | Week 15 - 12/10/24 | Peck: pp. 289-311 | |
| | Week 15 - 12/12/24 | Review/Closing | |
| Finals Week | Week 16 - 12/17/24 | Exam #4 - FINAL (10:30 am - 1:00 pm) | |
| | Week 16 - 12/19/24 | NO CLASS - Finals Week | |

**Trigger Warning (see section in syllabus for support)*